

Community Services Center

Spring 2011



Health and Wellness Classes at the Community Services Center

Zumba with Deb

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Date: Spring schedule

Monday Class 5:30 - 6:30pm

Wednesday Class 5:30 - 6:30pm

Friday Class 10 - 11am

Cost/Reg: \$5 drop in per class.

Open to ages 10+.

Instructor: Deb Hargett



Tai Chi with Machiko

Move, stretch, flow - you really have to try it! Tai-Chi is great for improving balance and preventing falls. The instructor, Machiko Shirai is a Gold Medalist in Tai-Chi. Class sessions are \$35 for each six week session.

New sessions begin: 3/9, 4/20, 6/1

Date: Tuesdays 3-4pm

Cost/Reg: \$35 for six weeks

Call 541-998-4767 to register.

Instructor: Machiko Shirai



Yoga with Lila

Try an easy style of Yoga, sitting in a chair or on the floor. This is a great strengthening, stretching and stress reliever program, which is gentle on the body.

Date: Mon. & Wed., 2:30-3:30pm

Cost/Reg: \$5 each visit, Drop In

Instructor: Lila



Video Workout with Matt

P90x is a video system of 12 sweat-inducing, muscle-pumping exercises designed to transform the body strength and physique.

Date: Every Wed. at 7pm

Cost/Reg: Free Class, Drop-In

Instructor: Matt McCarl



Sunshine Club After School



Mon., Wed., Fri. until 6pm Grades K-8th

Bus service from school to
Community Services Center.

Active play, food, arts & crafts.

Scholarships Available

Registration Open for March—May.

Space Limited. 541-998-4767

Spring Break 3-Day Camp

Wed. March 23 -

Fri. March 25

8:30 am - 5:30 pm

Grades 1st-6th

USDA Meal Program

\$50 per camper

Scholarships

Available



Registration Deadline: Fri. March 18

Forms and Information at the Center or at

www.junctioncityoregon.gov

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4) Spring Break Camp Form

Skill Building Classes at the Community Services Center

Photography Seminar at Daffodil Festival

Join professional photographer and instructor Jamie Hooper for two hours of hands-on photography at this year's Daffodil Festival. Learn more about your camera and how to get great photos in difficult situations, see the "magic" light, compose, and tell a compelling story. But that's not all! Later that day you'll meet back at the Community Services Center where Jamie will review a selection of class photos taken that very day to give you feedback on what you did right - and tips on making them even better!



Class size limited to six.

Date: Saturday, March 12 meet at 9:30am at the Long Tom Grange, then at 2:30pm at CSC to finish the day

Cost/Reg: \$95 Call 541-998-4767 to sign up.

Instructor: Jamie Hooper

ID Theft Seminar

Identity Theft: How you can be part of the solution. You're invited to a free, 1 hour seminar that will cover the different ways your identity is stolen, how to protect yourself and what to do if you think you've been compromised.



Date: May 12th at 5:30 PM

Cost/Reg: Free, please pre-register by 5/6/11 by calling 541-998-4767.

Boot Camp Baby Sitter Training

This course is the American Red Cross babysitting course with supplemental certification in First Aid and CPR. Open to ages 11-15



Date: Afternoons 4/19, 4/21, 4/26, 4/28 3:30-6:30 pm each day (Tue./Th.)

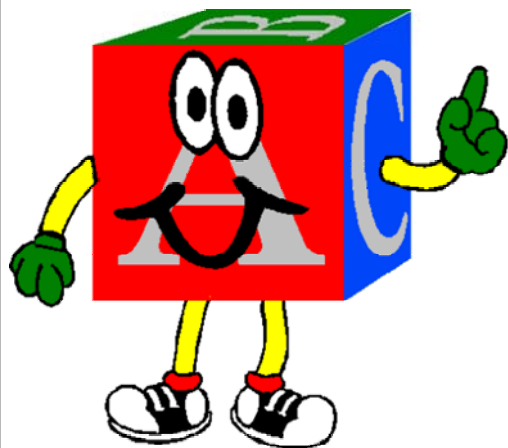
Cost/Reg: \$60, payment & registration must be completed by 4/1/11. Call 541-998-4767 to register.

Instructor: American Red Cross

Building Blocks Christian Childcare & Preschool

575 Greenwood Street, Junction City, OR 97448
Phone: 541-998-7619 Fax: 541-998-8241

Website: <http://bbcchildcare.com>
E-Mail: bbcchildcare@aol.com



30 months – 12 years old

6:00am to 6:00pm

Part-Time and Full-Time Welcome

Fun, Flexible & Reliable

Large Facility And Playground

Outstanding Reputation

Structured Environment

The Only State Certified Childcare Center In JC

The Only State Certified Preschool In JC

No Deposits OR Enrollment Fees

YOU ONLY PAY FOR THE TIME THAT YOU USE

Check Out Our Website, Call or E-Mail Us For More Info.

WE EVEN OFFER A FREE TRIAL DAY!!!

Adult: Classes & Services at the Community Services Center



AARP Tax Aide Clinic

Since 1968, Tax-Aide volunteers have helped low- to moderate-income taxpayers of all ages. More than 35,000 AARP Tax-Aide volunteers, trained in cooperation with the IRS, help more than 2.6 million taxpayers file each year.

Date: Every Friday and Saturday by Appt. through April 15

Cost/Registration: The Service is free, call 541-998-4767

Service Leader: AARP Tax Aide Program



AARP Safe Driving Class

Refresh your skills and knowledge. Completion of this course may entitle you to a discount on your insurance premiums. To complete the class students must pre-register and pre-pay prior to the first day of class. Students must attend both days to receive a certificate of completion.

Date: Tuesday, April 12 and Tuesday, April 19 1-5 pm each day

Cost/Registration: \$12 w/AARP card, \$14 without - call 541-998-4767

Service Leader: AARP Driver Program



Senior Health Insurance Benefits Assistance

The SHIBA program provides free counseling to people with Medicare. We can help you select a Medicare prescription drug plan, compare Medicare Advantage Plans, compare Medicare Supplement Plans, help you apply for Medicare Savings Programs, and help with Medicare Prescription Coverage.

Date: Every 1st and 3rd Tuesday in the afternoon, by appointment

Cost/Registration: Participation is Free, Call 541-998-1556 for appt.

Service Leader: State of Oregon SHIBA Volunteers



Ingles Hoy, English as A Second Language.

Adulto novicio nivel, comenzando 22 de marzo. Martes y jueves 6:30-8:30 p.m. llame 541-998-4767, cuesta \$30. An Adult Beginner Level Class for speakers of other languages. Includes a workbook and instructor led assignments and class time.

Date: Tues and Thurs. at 6:30 pm, beginning March 22, 2011 –April 28, 2011

Cost/Registration: \$30/Must pre-register by 3/18. Registration after 3/18 \$40

Instructor: Nadine World. Partial scholarships may be available.



Community Garden Reservations April 1

Would you like to plant a small garden but don't have the room? Or would you like to help plan a garden? We offer traditional ground level gardening. Plots are \$15 for the season. Reservations and application are available 4/1/11. Call 541-998-4767 starting 4/1/11.

Family & Youth Focus Activities, Community Services Center



Our Parent Tot Group

A parent-tot group (Birth to 5) meets weekly at the Community Services Center. The group is an opportunity for parents to come together and socialize while allowing their children a safe space to play with others in their age groups. A place to share ideas and learn new things about issues important to parents raising young children. The group will have games, songs, finger play, etc. with their children and discussion topics will be presented.

Date: Every Thursday Morning at 9-11 am

Cost/Registration: Participation is Free and Drop In

Activity Leader: Wendy Thelander



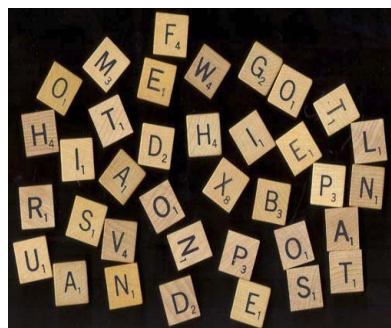
Infusion-Teen Activity Night

Games, food, laughter and friendly competition - what more do you need for a great night of fun and laughter with your friends.

Date: Every 4th Saturday at 7pm. 3/25, 4/23, 5/28

Cost/Registration: Participation is Free and Drop In

Activity Leader: CSC Adult Volunteers



Scrabble with Madeline

A recreational Scrabble group meets Monday nights at the Community Services center at 6:30pm in the Program Room.

Date: Every Monday at 6:30 pm, New Players call 541-998-4767

Cost/Registration: Participation is Free and Drop In

Activity Leader: Madeline Jorgensen



Game Nights

Are you a gamer of board games or card games? If you are and would like to participate or help lead game nights, call us and let us know at 541-998-4767. Currently available time is Monday nights in the Meeting Room.

Date: Mondays at 6:30 pm, NO DROP IN Players call 541-998-4767

Cost/Registration: Participation is Free

Activity Leader: Position available for a volunteer



Teen Activities and Crew

So, you're a teen. What do you like to do? What would you like to learn? Where would you like to visit? The Center is looking for teens who would be interested in sharing their ideas. The Community Services Center Teen Crew is looking for you! Need Community Service Hours for High School? Call 541-998-4767.

Junction City Community Services Department Sites



Department Director
Melissa Bowers 541-998-4767



Community Services Center
175 W 7th Avenue
541-998-4767 MWF 11am –6pm

Junction City Public Library
726 Greenwood Street
Library Director
Lynn Frost 541-998-8942



Viking Sal (55+)
has a full Program Guide available
Stop by the center or call.



Viking Sal
245 W 5th Avenue
Viking Sal Program Lead
Marcia Scalise 541-998-1556

Max Strauss Seasonal Pool
1515 Laurel Street
Off Season 541-998-2153
Summer 541-998-3621
Pool Manager Katie Kerr

Junction City Community Services Center Structure

The Community Services Center **relies on volunteers**. The Community Services Center does not have any dedicated staff for operations or programming.

The Community Services Center is in Program Development Stage and is intended to **complement community services for all ages**. Like the Viking Sal funding and programming model, development is based on activities of an **Advisory Board**. The non-profit board focuses on partnerships and volunteerism for community based program development and operations.

This Junction City Community Services Center's **primary purpose is to link the Junction City area community** members to services, information and volunteer opportunities that enhance quality of life and overall well being.

Community Services Center Board of Directors

- Dave Brunscheon - Business Community
- Jill Case - Junction City School District
- Ellie Dumdi - Business Owner
- Mikayla Gerdes - Student Junction City High School
- Cynthia Haney - Oaklea Middle School, Educator
- Rick Kissock - Chamber of Commerce
- Jennifer Lindsey - Central Linn School District, Educator
- Kathy Olafson - Pacific Continental Bank
- Lisa Raffin - Local Community Member & Parent